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P L A N

for extending the USE of
ARTIFICIAL WATER-BATHS,
P U M P S,
VAPOROUS, AND DRY-BATHS,
FUMIGATIONS, AND FRICTIONS;

By the Mode and Means invented and directed by

DR. BARTHOLOMEW de DOMINICETI

— *Opiferque per orbem*
Dicor, et herbarum subjecta potentia nobis. OVID.



P L A N

for extending the use of

ARTIFICIAL WATER-BATHS,

P U M P S,

VAPOURS, AND DRY-BATHS,

FUMIGATIONS, AND FRICTIONS;

By the Right and Honourable Sir, and Knight Sir,

DR. BARTHOLOMEW DE DOMINGUE.

— Opponent for crime —

London, at the Office of the Author, No. 1, Old Bailey.

T O

SIR JOHN FIELDING, Knt.

SIR,

AS the style of panegyric has never been any part of my study, I confess myself but ill qualified to pen a dedication. This polite method of insulting the most respectable, and worthy in society, though adopted for ages, disgraces the works of the first authors in the living languages. The eulogium due to your character I resign to some faithful historian, who in recording the civil polity of this æra, will hand down your actions to posterity.

As the following Plan is intended for the good of society in general, I flatter myself it will make some recompense to the public for the detention of your time

in its perusal. I have here briefly explained the nature of an apparatus, erected for the humane and political purposes of promoting and preserving public health, without confounding by scientific phraseology the understandings of the people, or abridging its extension by an insupportable expence.

In digesting this plan, I have endeavoured to obtain the two material points, most conducive to the prosperity of society. The first is to give universality to a practice, by which the health of human nature is promoted and preserved, and on which all its movements must necessarily depend. And the next, in administering to a charity, by which the political interests of Great Britain are strengthened and established. You will readily perceive I allude to your scheme, for apprenticing to the sea service deserted boys. In giving birth to this undertaking, you have displayed the christian, and the consummate politician; those
miserable

miserable children, who sought a fortuitous subsistence in this metropolis, and were habituated to every species of vice and immorality, are now trained to a glorious industry, and the naval interests of this island (which may be considered as the palladium of its greatness) are powerfully supported. Indeed, the good consequences arising from this charity, are so numerous, and so obvious, that the man who takes a prospect into futurity, will view your memory in the bosom of posterity.

To promote this Plan is a part of mine. I have therefore stipulated with the public, that a shilling shall be paid by me towards this charity, on the entrance of each patient: this may be considered as an offering to the Divinity, from whose hand the certainty of all sublunary matters can alone be expected.

Whatever advantages may arise to community from this undertaking, I despair of giving satisfaction to the whole. Vain

must the attempt prove to please the million: interest, envy, vanity, and ignorance combine to make that impossible: however, if my endeavours tend to secure your approbation, I shall think I have deserved the praise of the wise and just.

I am,

With the most perfect esteem,

Your obedient and devoted Servant,

B. de DOMINICETI.

CHELSEA,
Nov. 1, 1771.

A
P L A N

for extending the USE of

ARTIFICIAL WATER-BATHS, &c.

THE very great estimation that Artificial Water-Bathing, and Fumigating, are now held in, induces me to offer to the publick a plan, by which the happy effects producible from this practice may be extended to all orders of the people.

Since my residence in Great Britain, now near eighteen years, I have indefatigably laboured to establish and promote this practice, particularly in the cities of London and Bristol; as from a very early introduction into the science of physic I have been convinced, that most of the disorders incident to mankind were curable by these operations; and the series of successes with which it has pleased God to bless my endeavours, have given demonstration to this opinion, and are now known, and acknowledged in every part of this Island.

I confess, it has often surprised me, that a practice, which the ancients held in so much estimation, and whose good effects the most common capacity might conceive, should have been so much neglected by the moderns, and which with concern I observed was the case in the principal countries of Europe, through which I have travelled.—On my visiting England, I found the most judicious of the faculty entertained the highest opinion of medicated Water-Baths, and Vapour-Baths, as essential in the cure of a variety of the most obstinate disorders; but that the great cause why the use of them was so seldom recommended, arose from an ignorance of a safe, and efficacious mode of applying them; they observed, that the manner in which they were administered by the ancients, was imperfect and dreadful, and that the method practised at the present different Bagnios, was not only indecent and disagreeable, but the patient often in danger of getting cold and encreasing his disorder; and that in local complaints, where a partial administration of vapours, effluvia, and dry fumes were necessary, safe and efficacious means of application were totally unknown.—It likewise appeared that on the sea coasts of this kingdom, and in several cities, salt and fresh water Baths were common; but that they were never medicated with those different vegetable or mineral substances, required in the cure of so many disorders, nor was the degree of heat regulated according to the vital fire, constitution, state of the atmosphere, and other circumstances, which ought to be observed in Bathing and Fumigating.

Fumigating.—I say, it did, indeed, surprize me, that in a country, where the arts receive their highest polish, and which has produced the greatest characters, that grace the roll of literature and science, such an obvious good should have been neglected ; and that no individual had undertaken to revive it, by erecting a public edifice (as established in the infancy of science) with conveniences and contrivances, where these operations might be decently and efficaciously performed.

Arduous as the undertaking was, I determined to attempt it, and in March 1755, opened an apparatus in Templebeck-street, Bristol. In the year 1757, I erected a larger one in Guinea-street, and another similar on College-green, in the said city.—In the year 1764, at a greater expence, I built a most commodious apparatus at Mill-bank, Westminster, and invited there the Royal Society, and College of Physicians of London, from whom I received the most flattering approbations. And lastly, in the year 1765, I opened the present very extensive apparatus at Chelsea, with a general invitation to the faculty, and learned in particular. This apparatus consists of a variety of Water-Baths and Pumps, each of which is placed in a neat and convenient room, warmed as the weather and necessity require, and is so contrived, that if ten Baths are wanted at once, they may be filled immediately with water, medicated with ten different sorts of vegetable, or mineral substances, and all differently heated, or cooled gradually, or instantaneously, according to the disorders,

disorders, constitutions, and other circumstances that occur; these Baths also are covered with an oiled linen cloth, fixed on a frame so contrived, that the patient may either lie down or sit up in the middle of the Bath, with the face and the head free, which rest on a pillow filled with aromattick herbs. The decency and utility of this invention must be obvious; as it prevents the attendant from seeing the patient in any other manner, than as if in bed, and restrains as well the volatile effluvia, or principal salubrious parts of the water from evaporating, as the cold air affecting the surface of it. Over these Baths are pumps disposed in such a manner, that at the same time the patient lies in the Bath, a like or other quality of medicated water to any degree of heat may fall, and be directed with proper force on any particular part of the body, and so contrived, that in a minute, the water may be let out, and a Vapour-Bath may be likewise administered, if the patient is quite a cripple, too weak, or dangerous to be moved. Near the Baths are also contrivances for the assistant, while he directs the pump, to use friction, from which operation the most astonishing and happy effects have been produced. Contiguous to every Water-Bath, in a separate apartment, is a Vaporous and Dry Bath; the Vaporous one is warmed by the vapours of boiling water, medicated with those vegetable and mineral substances, judged peculiar to the disorder, and which invest the whole body of the patient; the Dry Bath is warmed by invisible fire, and when the pores of the skin are opened, and the patient

patient perspiring, then the dry fumes of gums, balsams, minerals, or other salubrious drugs are introduced, and, if required, the vaporous effluvia of vegetable substances are added. The heat of these Baths is encreased or diminished gradually, as well as instantaneously, particularly by the cocks fixed to the introductory pipes, or by regulators of wood, iron, or copper, contrived over the aperture of the said pipes, or to that of the boiler, when this is placed under the Vapour-Bath, likewise by two small holes or windows made in the upper and under door of the Bath. This process of applying moist and dry Baths, is unquestionably safe, inexpressibly pleasant, and effectually salutary; the patient sits in a chair, with his head in a free open agreeable atmosphere, while his body is invested, and bedewed with the salutary volatile effluvia, and dry fumes of those herbs, flowers, seeds, roots, gums, balsams, minerals, or other medicinal substances, prescribed as efficacious in the cure of different disorders; the pores of the whole ambit of the body become gradually opened, and naturally imbibe, and admit into the muscular and nervous fibres of the whole animal system, the essences of the vegetable and mineral substances, which circulating with the blood and lymph, through the minutest capillary vessels, without any force, break, dissolve, and disperse the most remote, obstinate obstructions, draw from the pores of the skin the adhesive scorbutic humours, and by the same channels, supply nature with the most assimilating, balsamic, nourishing juices, establish regularly the

circulatory, secretory, and excretory actions, and a due equilibrium between the fluids and vessels, which to recover and preserve health, is the basis and only secret in the whole *Materia Medica*.

As it often happens that the volatile particles, or moist and dry fumes of medicinal substances, astonishingly operate, and perform the most difficult cures, when safely and effectually applied in the urethra, bladder, anus, vagina, breast and lungs; I have likewise invented machines, which effectually and decently answer these purposes, and together with a variety of other contrivances too tedious to mention, equally salutary and curious, compose an apparatus, which for utility, convenience and elegance, it is acknowledged, stands unequalled.

It is unnecessary to observe, that in perfecting an apparatus so extensive in its nature, I must have employed all the hours since my residence in England, and expended a very considerable sum of money; however I was determined to pursue a work of such general utility, and that no expence, or labour should deter me from it. The indulgent public have applauded my endeavours, and rewarded them.—Several of the most able and candid in physic, sent me patients, prescribing themselves the quality of the peculiar substances they thought effectual in the cure of the disorder, and the degree of Heat the operations were to be directed; leaving to me
the

the manner of application, generously determining that in case their prescriptions were found to be efficaciously administered, to encourage and protect so laudable an undertaking.—Every day, for almost these eighteen years, gave ocular proofs of its utility; and out of more than 12,000 patients, which have been under my care, 10,000 have been relieved; most of whom are living, and happy testimonies of this truth.—From a consideration that my inventions were a benefit to society, his Majesty was graciously pleased to grant me his letters patent.

In extending this practice, the public will soon discover I must have had my enemies; the empiricks in physic were employed in propagating reflections; they considered this was an innovation on the established practice of physic, and that opposition, nay persecution was necessary; the all devouring press was set loose, pamphlets were scribbled, the matter of which might be compressed in a nut-shell; frightful attempts at wit teemed in the news-papers; essays out of number; one declaring the inefficacy of my practice, the other proclaiming (what all the world knew before) that Vapour, and medicated Water-Bathing were not new; that Mr. such-a-one, twenty or thirty years ago, in some parts of England used a Bath, or some part of my apparatus on similar principles; that I was an Italian, and therefore could not understand physic; and a thousand such futile and ignorant reflections. All could not do, facts poured conviction into the worst and weakest minds;

minds; the feelings of the relieved could not be deluded, and gratitude dictated truth.

There are few people now living, especially in this metropolis, who have not been visited at some moment of their lives with some disorder, and who have not had administered to them medicines so nauseous in their natures, that nothing but the hopes of life could induce the taking of them; many, I may say thousands, who have severely felt their consequences when years have elapsed, and who might otherwise have enjoyed the blessing of a healthy and vigorous constitution.—Those who read this paper will indeed lament, that means so gentle, so safe, and so efficacious in their nature, should have been so long neglected. That instead of those wretched doses so tedious and uncertain in their success, a Bath administering its virtues with a seraphic mildness might have answered. Indeed the salutary effects, which have been produced by this practice, are so well known, that it needs no eulogium to recommend it; I shall therefore use my utmost endeavours to promote this salutary purpose, by making the expense of these operations so light, that all ranks in society may equally share the blessing.*

To this end I have erected and completed another extensive and elegant apparatus, upon the same principle and adjoining to that in my house,

* *Nulla re homines propius ad Deos accedunt quam salutem hominibus dando.*

house, which is intended for the accommodation of out-patients, to any number whatever (and to lodge twelve of the most crippled or weak at a time) who are to be received on the following plan, which from its utility, cheapness, and extensiveness, will, I flatter myself, recommend it to the public favour and protection.

TERMS OF ADMISSION.

1st. ANY gentleman or lady paying twenty guineas, will be furnished with a ticket, which will entitle the purchaser to go one hundred and twenty times, once a day if necessary, within twelve months from the day of the Patient's first Admittance (Sundays excepted) through the five following operations :

Medicated Water Bath.

Pumps.

Dry and Vaporous Baths.

Moist or dry Fumigations, or both united ; partial or universal.

Oleous, Spirituous, or dry Frictions.*

These effectually operate in Leprosies, Deformities in the Skin, Contractions of the Nerves and Ligaments, partial or universal Weakness, Palsies, Anchiloses, Gouty Concretions, Chalky Substances, Falling Sickness or Consumptions,

* *Frictio potest mollia ligare, dura solvere, multa minuere, &c. &c.* HIPPOC.

tions, Hydropfies, King's Evil, Schirrous Tumours, Fiftula in Ano, Cancers, Callofities, Stone or Gravel, Barrenness, and most of the Disorders incident to Women.

- 2d. Any gentleman or lady paying ten guineas, will be admitted to the five operations before mentioned, but limited to the number of fifty days during twelve months.
- 3d. Any gentleman or lady paying five guineas, will be admitted to the five operations before mentioned, but limited to the number of twenty days within the twelve months. *
- 4th. Each patient to provide a pair of blankets, and linen or woollen garment, such as flannel shirt, or shift, stockings, caps, and a few towels, which will be kept by themselves in presses for the purpose, and under the care of the attendant, or delivered to the patient.
- 5th. The time for each patient to receive any, or all the before mentioned operations will be appointed, which time must be punctually observed, that a proper regularity may be maintained, disappointments and confusion prevented.

* Under these terms a patient will receive an operation agreeable to the nature of the disorder, for less than one shilling.

6th. Each patient under the care of a physician or surgeon, must produce a written prescription under the hand of such gentleman, which must contain the name of the patient—the state of the disorder—whether the simple Water Bath with or without the Pump, or the Vapour, or dry Bath, with or without the dry Fumes, are to be administered—whether if after the Water Bath, the Vaporous, and dry Bath, the moist, or dry Fumigations in bed, Partial, or Universal, are to be applied—when, and what sort of Oleous, Spirituous, or dry Frictions are to be used, and if applicable with the naked hand, or with gloves, or brushes.

Whether the Water Bath, Pump, Vaporous, or dry Bath, the moist or dry Fumigations, and Frictions, are all requisite.

Whether they are to be medicated with emollient, or detergent substances, or with aromatic, or hysseric herbs, flowers, seeds, barks, roots, gums, balsams, or minerals, or with those drugs, which have a vulnerary or astringent quality, or vice versa.

To what degree of heat the Bath, Pump, Vaporous, or dry Bath, moist or dry Fumigation and Friction, are to be directed, and how many minutes the patient is to be kept in every distinct operation ;

ration; also how many times in a week the operations are to be repeated, &c. &c. &c.

The gentlemen of the faculty are requested to be very particular in their directions, when they send a patient, as I shall be desirous to see them observed with the utmost care and punctuality.—Those patients who do not produce such prescription must submit to my directions, or to that of my assistant physician or surgeon.*

Tickets to be had at the following Bankers :

Jos. Hankey, Esq. and Co. Fenchurch Street.

Richard Crofts, Esq. and Co. in Pall-Mall.

Anthony Wright, Esq. Henrietta Street, Covent Garden.

And at Dr. Dominiceti's house at Chelsea.

* *Experientia est rerum magistra.*

DESCRIPTION OF THE BUILDING.

THE entrance of the building which contains this apparatus is in Robinson's Lane, very contiguous to China-Walk, Thames Side, and to the King's-road; it is situated in my garden, two hundred and twenty feet in length, thirty in breadth, and two stories high; it contains thirty-six Sweating and Fumigating bed chambers, neatly furnished.—On the right hand of the entrance is a large elegant room for the ladies, who are to wait their turn, and on the left the like for the gentlemen. There are six Water Baths with Pumps, also twelve Vaporous and dry Baths, all separated one from the other, so that one patient cannot see the other going in, or coming out.—A very commodious kitchen is erected in a wing adjoining to the said building, and different apartments for the purposes of drying, and preserving warm the woollen or linen garments, blankets, &c. of every one separately.

In the middle of this building is an elegant room thirty feet square, and above ten feet high, with two noble alcoves, which commands a pleasant prospect, and is intended for the amusement of those who are nearly recovered.

Apart

Apart and distant from this apparatus is another very convenient for both sexes, who are afflicted with infectious and disagreeable disorders.

A physician, surgeon, and apothecary are appointed to attend the patients, and command the several attendants.—In the ladies apartments are skilful women to serve them through the operations, and men to serve the gentlemen. No expence, care, or ability, will be wanting to render this establishment a public blessing.

APPARATUS.

CHINA WALK SIDE.

TERMS OF ADMISSION.

THE very considerable sum of money necessarily expended in erecting and compleating this apparatus, obliged me to ascertain the prices of each apartment and operation accordingly: however, when its effects had silenced every observation that could be made against its utility, a variety of stories equally ungenerous were propagated to prevent its extension, particularly that the expences of my apparatus were so heavy, that the mediocrity of the people were shut out from its benefits. To prevent in future every possibility of reflexion, I hereby give notice, that the following reduction of the price for the apartments and operations, at my house in China-Walk, will take place from this publication, and that for the greater convenience of both sexes, admittance will be given also in the royal apparatus of Baths, Stoves, Sweating, and fumigating bed-chambers:

		Guineas.		Guineas.
The apartments that				
usually went at	-	4	per week, now	3
Those at	-	3	-	2
Those at	-	2	-	1

Linen, china, plate, and all other necessaries in every apartment are not charged.

The quarter-guinea, which has been paid for every separate operation these eighteen years past, for the future will be reduced to three shillings each operation.

Every out-patient who usually paid a guinea every time of admittance to receive the benefit of one or all the five operations, will in future be charged only half a guinea; also the neatest, and best linen or woollen garments, blankets, towels, caps, cloaks, and every other necessary in time of bathing, and sweating (which may be changed when required) will be provided gratis.

N. B. The guinea entrance as usual to be paid both in *Robinson Lane*, and *China Walk*, but is considered such for life; out of which a shilling is to be paid by me towards the support of Sir John Fielding's plan for apprenticing to the sea service deserted boys.

B. de DOMINICETI,



